

**Carroll County Health Department**  
**Health News Update on EV-D68**  
**9/30/14**

**Enterovirus EV-D68**

Note: This information is summarized from the Centers for Disease Control and Prevention (CDC) website.

**Overview**

- As of September 29, 2014, a total of 443 people from 40 states were confirmed to have respiratory illness caused by EV-D68. All but one case are children. EV-D68 has now been confirmed in Maryland. No one with EV-D68 has died.
- **Not all respiratory illnesses occurring now are due to EV-D68.**
- Infants, children, and teenagers are most likely to get sick from enteroviruses, because they haven't been exposed to them before. The CDC believes this is also true for EV-D68.
- EV-D68 seems to cause more severe respiratory illness in children with asthma. The CDC recommends that people with asthma:
  - Discuss and update their asthma action plan with their primary care provider.
  - Take their prescribed asthma medications as directed, especially long term control medication(s).
  - Be sure to keep their reliever medication with them.
  - If they develop new or worsening asthma symptoms, follow the steps of their asthma action plan. If their symptoms do not go away, they should call their doctor right away.
  - Parents should make sure their child's caregiver and/or teacher is aware of his/her condition, and that they know how to help if the child experiences any symptoms related to asthma.
- The Centers for Disease Control and Prevention (CDC) is investigating 10 children in Colorado ages 1-18 with limb weakness and other neurologic symptoms. Most of the children had a respiratory illness with fever in the 2 weeks before their neurologic symptoms began. Six of 8 patients tested positive for rhinovirus/enterovirus, and four of these have been confirmed as EV-D68. Eight of the children are confirmed to be up-to-date on their polio vaccinations. The CDC is closely watching for other clusters of neurologic illness. It is not yet known if the limb weakness is permanent.

**Symptoms**

- EV-D68 has been reported to cause mild to severe respiratory illness but may cause other symptoms as well.
- The most common symptoms are respiratory, especially wheezing, with or without fever.
- More severe cases include low oxygen levels and trouble breathing.
- Most severe cases have been seen in children with breathing conditions like asthma, but some children without asthma have had trouble breathing due to EV-D68.
- **Anyone with respiratory illness should seek medical attention if they are having trouble breathing, or if their symptoms are getting worse.**

### **Transmission**

- EV-D68 can be found in saliva, nasal mucus, or sputum.
- The virus likely spreads like the flu and the common cold, from person to person when an infected person coughs, sneezes, or touches contaminated surfaces.

### **Treatment**

- There is no specific treatment for EV-D68 infections.
- **Many infections will be like a common cold, and go away on their own.**
- Some people with severe respiratory illness caused by EV-D68 may need to be hospitalized.

### **Prevention**

- There are no vaccines for preventing EV-D68 infections.
- The spread of EV-D68 can be reduced by following these steps:
  - Wash hands often with soap and water for 20 seconds. Use special care when changing diapers.
  - Hand sanitizer may not be effective against this virus.
  - Avoid touching eyes, nose and mouth with unwashed hands.
  - Disinfect frequently touched surfaces such as toys and doorknobs. Use a fresh chlorine bleach solution. To make and use the solution:
    - Add 1 tablespoon of bleach to 1 quart (4 cups) of water. For a larger supply of disinfectant, add ¼ cup of bleach to 1 gallon (16 cups) of water.
    - Follow package directions. Do NOT combine bleach and ammonia – it can be deadly.
    - Wear gloves. Be careful of clothes. Apply the bleach solution to the surface with a cloth.
    - Let it stand for 3 to 5 minutes.
    - Rinse the surface with clean water.
  - Don't let children share cups or utensils.
  - Ask parents to keep a sick child at home to help the child get better faster and to prevent the spread of the illness.
  - Be aware of any children with asthma, especially if it is not well-controlled. EV-D68 seems to cause more severe respiratory illness in children with asthma.
- The CDC has an infographic about preventing the spread of EV-D68 (see page 3): <http://www.cdc.gov/non-polio-enterovirus/about/EV68-infographic.html>

### **If you suspect a child or children have EV-D68:**

- Cases and clusters of severe respiratory illnesses or limb weakness should be reported to the Carroll County Health Department.
- Contact Doris Hare, RN, BSN, Communicable Disease Program Manager at 410-876-4936, or Penny Bramlett Rn-C, HROB, Maternal/Child Health-School Health Program Supervisor at 410-876-4942.

For details and updates: <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>

If staff have questions or concerns about Enterovirus EV-D68, direct them to the Centers for Disease Control's website, [www.cdc.gov](http://www.cdc.gov). If they have a sick child, they should contact the child's health care provider for guidance.

# Keep Your Child from Getting and Spreading ENTEROVIRUS D68



**Avoid close contact with sick people**



**Wash your hands often**

**Cover your coughs  
& sneezes**



**Clean & disinfect surfaces**



**Avoid touching your face  
with unwashed hands**



**Stay home when you're sick**



[www.cdc.gov/non-polio-enterovirus/EV68/](http://www.cdc.gov/non-polio-enterovirus/EV68/)